

# **INTERNATIONAL JOURNAL OF AYURVEDA360**



**AYURVEDA  
360**

**PEER-REVIEWED  
BIMONTHLY JOURNAL**



**[www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)**

**ISSN**

**PRINT:**

**3048-7382**

**ONLINE:**

**3048-7390**

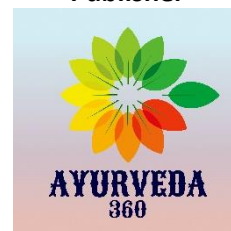
**2025**

**VOLUME 1**

**ISSUE 6**

**MAY-**

**JUNE**

DOI: [10.63247/3048-7390.vol.1.issue6.9](https://doi.org/10.63247/3048-7390.vol.1.issue6.9)

## Cervical Spondylosis as *Manyāstambha*: An Ayurvedic Review with Lifestyle and Yogic Recommendations

Binjhwar D.<sup>1</sup>, Tripathy S.<sup>2</sup>, Sharma A.<sup>3</sup>, Pali V.<sup>4</sup>

1. Dr. Dharmendra Binjhwar, Post Graduate Scholar, Department of Swasthavritta and Yoga, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India. <https://orcid.org/0009-0006-1271-7916>
2. Dr. Sasmita Tripathy, Reader, Department of Swasthavritta and Yoga, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India. <https://orcid.org/0009-0009-8080-4001>
3. Dr. Anita Sharma, Professor, Department of Swasthavritta and Yoga, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India.
4. Dr. Vibha Pali, Lecturer, Department of Swasthavritta and Yoga, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India.

### ABSTRACT

**Introduction:** Cervical spondylosis is a common degenerative condition of the cervical spine, often characterized by neck pain, stiffness, and radiating sensations such as tingling or numbness from the shoulders to the fingers—typically due to nerve root compression. In the modern era, sedentary lifestyles, poor posture, prolonged computer usage, shift duties, irregular eating habits, and frequent travel contribute significantly to the development and progression of cervical spine disorders. In *Āyurveda*, a similar condition is described as *Manyāstambha*, one of the *Nānātmaja Vāta Vyādhi*. According to the *Suśruta Saṃhitā*, causes like daytime sleep, prolonged static postures, and continuous upward gazing disturb the balance of *Vāta* and *Kapha*, leading to stiffness and restricted movement in the neck. Clinically, *Manyāstambha* can be correlated with cervical spondylosis.

**Methods:** The present study is based on a thorough review of classical *Āyurveda* texts including *Caraka Saṃhitā*, *Suśruta Saṃhitā*, and *Aṣṭāṅga Hṛdaya*, alongside contemporary medical textbooks and published research articles. The focus was to explore the etiopathogenesis and symptomatology of *Manyāstambha* in light of cervical spondylosis and to understand the commonalities between *Āyurveda* and modern views on this condition


### Results:

The literary analysis revealed that *Manyāstambha* closely resembles the clinical presentation


of cervical spondylosis. The involvement of *Vāta Doṣa*, especially *Vyāna Vāyu*, in the *Grīvā Pradeśa* (cervical region), is emphasized in *Āyurveda*. Additionally, *Śleṣaka Kapha* is often noted as an associated or supporting *doṣa* (*Anubandhī Doṣa*), contributing to the stiffness and reduced mobility of the neck.

**Discussion :** This study supports the conceptual correlation between *Manyāstambha* and cervical spondylosis, offering a dual understanding rooted in both classical *Āyurveda* principles and modern biomedical science. Recognizing this overlap opens pathways for integrative approaches in the management of cervical spondylosis, including *Āyurveda* therapies aimed at balancing *Vāta* and reducing stiffness. Further clinical studies are warranted to validate *Āyurveda* interventions in managing such degenerative spinal conditions effectively.

**Keywords:** Cervical Spondylosis, *Manyāstambha*, *Vātavyādhi*, *Grīvāstambha*, *Grīvāgatavāta Roga*, *Pathya* and *Apathya*

CORRESPONDING AUTHOR	HOW TO CITE THIS ARTICLE?	TO BROWSE
1. Dr. Dharmendra Binjhar, Post Graduate Scholar, Department of Swasthavritta and Yoga, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India, Email Id: <a href="mailto:dharmendrabinjhar205@gmail.com">dharmendrabinjhar205@gmail.com</a>	<b>Binjhar, D., Tripathy, S., Sharma, A., Pali, V. (2025). <i>Cervical Spondylosis as Manyāstambha: An Ayurvedic Review with Lifestyle and Yogic Recommendations</i>. International Journal of Ayurveda360, 1(6), 504-516, <a href="https://doi.org/10.63247/3048-7390.vol.1.issue6.9">https://doi.org/10.63247/3048-7390.vol.1.issue6.9</a></b>	

Manuscript Received	Review Round 1	Review Round 2	Review Round 3	Final Updated Received
30/04/2025	10/04/2025	14/04/2025	31/05/2025	11/06/2025
Accepted	Conflict of Interest	Funding	Ethical Approval	Plagiarism Checker
12/06/2025	NIL	NIL	NIL	10%

Licensing and Distribution	
	This work is licensed under a <b>Creative Commons Attribution 4.0 International License</b> . ( <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a> ) You are free to share, copy, redistribute, remix, transform, and build upon this work for any purpose, even commercially, provided that appropriate credit is given to the original author(s) and source, a link to the license is provided, and any changes made are indicated.

